



**Massachusetts Department of Public Health
Division of Tuberculosis Prevention and Control**
maOsaacyausaoT̄sa saava-jinak svaasqya
ivaBaaga
tpoidk ³xaya raogá raokqaama va inayan~Na
p`Baaga

tpoidk ³Tlbal` @yaa hO?

Tlbal ek eosao jalvaaNau Wara pOda haonao vaalaa raoga hO jaaO Aapkl saaDsa ko saaqa Aapko fofDaoM maoM calaa jaata hO. Tlbal ko dao p`kar hOM Á Tlbal saMËmaNa AaOr Tlbal raoga.

Tlbal saMËmaNa @yaa hO?

Tlbal saMËmaNa Tlbal ka vah p`kar hO ijasamaoM Aapko Sarlr maoM Tlbal ko jalvaaNau qaaDI saM#yaa maoM maaOjaUd hOM, prntu vao Aapka nauksaana nahIM phuÐcaa rho hOM ¹ Aapka p`itraqQal tn~ JnhoM proSaainayaaM pOda nahIM krnao do rha hO. Aap zlk mahsaUsa krto hOM, Aap balmaar nahIM hOM AaOr Tlbal ko jalvaaNau Aapsao iksal kao Bal nahIM phÐduca sakto. Agar Aapka Tlbal saMËmaNa hO AaOr Aapka p`itraqQal tn~ kmajaaor hao jaata hO, tao Aapka Tlbal saMËmaNa baZkr Tlbal raoga hao sakta hO. Tlbal saMËmaNa kao kBal¹kBal "inaiYËya" yaa "sauPt" Tlbal Bal kha jaata hO.

Tlbal raoga @yaa hO?

Tlbal raoga Tlbal ka vah p`kar hO ijasamaoM Aapko Sarlr maoM Tlbal ko jalvaaNau baDI saM#yaa maoM maaOjaUd hOM AaOr vao jalvaaNau nauksaana phÐduca rho hOM. saamaanyatyaA Aap balmaar mahsaUsa krto hOM, AaOr A@sar Aap Tlbal ko jalvaaNauAaoM kao dUsaro laaogaoM maoM fOlaa sakto hOM. Tlbal raoga Aapko Sarlr ko iksal Bal ihssao maoM payaa jaa sakta hO prntu yah saamaanyatyaA Aapko fofD,aoM kao p`Baaivat krtaa hO. Tlbal raoga ko sabasao Aama laxaNa KaÐsal, bauKar, BaUK kma laganaa, vajana kma hao jaanaa, kmajaaorl, rat maoM psalnaa Aanaa AaOr bahut qakana mahsaUsa krnaa hOM.

@yaa Tlbal saMËmaNa ko ilayao kao[- TosT ³prlxNá hO ?

haÐ. Aap Apnao Da^@Tr, nasa- yaa svaasqya kond` ko maaQyama sao Tlbal saMËmaNa ko ilayao TosT ³prlxNá kra sakto hOM. Tlbal TosT kra laonao ko baad Aapka 2 yaa 3 idnaaoM maoM]sa TosT kl jaaÐca kranao ko ilayao Apnao Da^@Tr, nasa- ko pasa yaa svaasqya kond` pr vaapsa jaanaa **AvaSya** yaad rKnaa caaihyao. yaid Aap 3 idnaaoM ko baad vaapsa jaato hOM tao hao sakta hO

ik TosT daobaara krnaa pD,o. Agar Aapka TosT Qanaa%mak ³paoijaiTva' hO, tao [saka matlaba hO ik Aapko Sarlr maoM Tlbal ko jalvaaNau hOM, AaOr Aapka Da^@Tr yah sauinaiScat krnao ko ilayao ik Aap Tlbal raoga sao ga`st nahIM hOM, Aapsao Catl ka e@sa¹ro kranao ko ilayao kh sakta hO. Tlbal saMËmaNa ko ilayao ek nayaar@t prixaNa Bal hO. Aap Apnao Da^@Tr yaa nasa- sao [sako baaro maoM pUC sakto hOM.

@yaa Tlbal saMËmaNa ka]pcaar ikyaa jaa sakta hO?

haÐ. yaid Aapkao Tlbal saMËmaNa hO, tao Aapko Tlbal saMËmaNa kao Tlbal raoga bananao sao raoknao ko ilayao dvaal[- dl jaa saktl hO. Aap 6 sao laokr 9 mahInaaom tk vah dvaal[- laoMgao.

@yaa Tlbal raoga ka]pcaar ikyaa jaa sakta hO?

haÐ. yaid Aapkao Tlbal raoga hO, tao Tlbal raoga ko [laaja ko ilayao Aap Tlbal kl k[- dvaal[-yaam 6 sao laokr 9 mahInaaom tk laoMgao.

Tlbal ko jalvaaNau dUsaro laaogaaom maoM kOsao fOlato hOM?

Tlbal ko jalvaaNau dUsaro laaogaaom maoM tba fOlato hOM jaba fofD,aoM kl Tlbal ko raogal ko KaÐsanao yaa CIMknao sao Tlbal ko jalvaaNau hvaa maoM imala jaato hOM. jaaO laaoga [sa vyai@t ko saaqa rh rho hOM, kama kr rho hOM yaa bahut samaya gaujaar rho hOM,]namaoM Tlbal ko jalvaaNau saaÐsa ko jairyao Andr jaa sakto hOM AaOr]nhoM saMËimat kr sakto hOM.

@yaa Baojana ko laonao¹donao sao Aapkao Tlbal saMËmaNa hao sakta hO?

nahIM. Tlbal ko jalvaaNau ek vyai@t sao dUsaro vyai@t maoM kovala hvaa ko maaQyama sao fOlato hOM. Aap Baojana yaa Anya vastuAaoM ko donao yaa laonao sao Tlbal ko jalvaaNauAaoM sao saMËimat nahIM hao sakto.

AaOYaiQa p`itraqQal Tlbal raoga @yaa hO?

AaOYaiQa p`itraqQal Tlbal raoga]na Tlbal jalvaaNauAaoM ko Wara pOda haota hO ijanoM Tlbal kl Aama dvaal[-yaaoM sao nahIM maara jaa sakta. yaid Aap AaOYaiQa p`itraqQal Tlbal raoga sao ga`st hOM, tao Aapkao Tlbal kl k[- dvaal[-yaam kma sao kma 12 mahInaaom tk laonal pD saktl hOM. yaid Aap Apnal Tlbal

kl dvaas[-yaaM Da^@Tr ko inado-SaaM ko Anausaar nahIM laoto yaa Agar Aap Apnaa]pcaar K%ma haonao sao phlao hl dvaas[-yaaM laonaa band kr doto hOM tao Aapkaao AaOYaiQa p`itraqal Tlbal raoga hao sakta hO. Aapka Da^@Tr Aapkaao batayaogaa ik Aapkaao Apnal Tlbal kl dvaas[- laonal kba band krmal hO.

balsaljal @yaa hO?

balsaljal Tlbal ko ivaÉw idyaa jaanao vaalaa ek Tlka hO jaaO]na doSaaM maoM idyaa jaata hO jahaD pr Tlbal Aama hO. yah iSaSauAaoM AaOr CaoTo baccaaaoM kao Tlbal raoga sao ga`st haonao sao raoknao maoM madd kr sakta hO. balsaljal baccaaaoM ka j.yaada sao j.yaada 5 sao 10 vaYaa-M tk bacaava krta hO, AaOr kBal'kBal yah Tlbal sao ibalkula bacaava nahIM krta. [saka p`yaaoga yaunaa[ToD sToT\sa maoM bahut kma ikyaa jaata hO @yaaMik ijana laaogaaaoM kao balsaljal ka Tlka lagaayaa jaa cauka hO]nhoM Tlbal saMËmaNa ifr Bal hao sakta hO, AaOr bahutaoM kao ifr Bal Tlbal raoga hao sakta hO. ijana laaogaaaoM kao balsaljal ka Tlka 10 vaYaa-M sao AiQak samaya phlao lagaa qaa AaOr ijanaka [sa samaya Tlbal TosT Qanaa%mak ³paoijaiTva' hO,]namaoM Tlbal ko saMËmaNa ko haonao kl bahut AiQak samBaavanaayaaoM hOM.

Tlbal ko baaro maoM AaOr AiQak jaanakarl ko ilayao Apnao Sahr yaa ksbaao ko svaasqya baaod- sao Aqavaa maOsaacyausaoT\sa saava-jainak svaasqya ivaBaaga ko tpoidk ³xaya raoga' raokqaama va inayan~Na p`Baaga sao (617) 983-6970 pr Aqavaa <http://www.state.ma.us/dph/cdc/tb/index.htm> pr sampk- krom.